

Pertussis Outbreak Biggest In 40 Years

Based on hundreds of Utahns having signs and symptoms of pertussis, Utah's public health community is asking health care providers and the public to help limit the spread of this vaccine-preventable disease.

During the last month, pertussis, commonly known as whooping cough, has been confirmed in people of all age groups living in Salt Lake, Summit, Washington, and Utah counties.

So far in 1998, 50 Utah cases have been reported. "Families should make sure their immunizations are up to date, especially among their youngest children," said Dr. Scott Williams, deputy director of the Utah Department of Health. "Adults and children with severe or persistent coughs should be tested and treated by a health care provider. Further, we're asking providers to actively test and treat for pertussis in patients with symptoms."

Whooping cough symptoms commonly occur in stages. The first stage usually begins like a cold, with a runny nose, sneezing, low-grade fever, and cough. In adults, adolescents and some children these may be the only symptoms. In more severe cases, often among youngest children, the cough lasts one to

two weeks and then becomes worse.

The second stage of pertussis includes uncontrolled coughing spells followed by a whooping noise when the person breathes in. During these severe coughing spells, a person may vomit, or the lips or face may look blue from lack of oxygen. Between coughing spells, the person may appear well. This stage may last four to six weeks.

Infants younger than six months of age and others with severe cases often require hospitalization. Severe cases may require oxygen and mild sedation to help control coughing spells. Pertussis can be fatal with most of those deaths occurring in children less than one year of age.

Pertussis may be prevented by giving a series of shots to children in early infancy. Pertussis vaccine is given at two, four, six, and 15 months of age, and again when a child enters school. At least 4-5 doses are necessary to protect a child from pertussis. However, for those already exposed to the disease, beginning the vaccination series is not likely to prevent pertussis. Immunizations against whooping cough and other vaccine preventable diseases are available through local health departments or from private health care providers.

"We're concerned to see so many cases among adults," said Scott. "Since adults don't have the severe symptoms seen in infants, we want Utah's adults to know that they may be transmitting a very serious disease." The immunity provided by the pertussis vaccine series starts to wane by age 10. Booster shots cannot be given to older children and adults.

The bacteria which cause pertussis are found in the mouths, noses, and throats of infected people. The bacteria

are spread in the air by droplets produced during sneezing or coughing. Once a person is exposed by inhaling these droplets, it takes seven to ten days before the first symptoms appear. Pertussis is very contagious during the early stage of the illness and becomes less contagious by the end of three weeks. Antibiotics will shorten the contagious period of the illness.

Prompt use of antibiotics in a household where a person has pertussis will limit the spread of whooping cough. Anyone with pertussis symptoms should contact a health care provider. Anyone living with someone who has pertussis should avoid contact with the public until they have completed five days of a minimum 14-day antibiotic therapy.

Cases in 1998 by county include: Salt Lake City-County Health Department(29), Utah County Health Department(12), Summit County Public Health Department(2), Southwest Utah Public Health Department [Beaver, Iron, Garfield, Washington, and Kane counties](2), Tooele County Health Department(2), Davis County Health Department(2), and Weber-Morgan Health Department(1). Ages of cases range from newborn to 55.

—**Ross Martin, EDO**

People, Things & Stuff...

LEAVE BANK NEEDS HOURS

DOH employees with annual or converted sick leave available are asked to donate to the General Leave Bank.

There are only about 100 hours available and four people are currently approved to use the bank. If everyone could donate one or two hours of leave, it wouldn't hurt too much and it would really be appreciated.

As our Department has grown, so have the number of employees requesting Leave Bank leave. This is the lowest the Bank has been in years.

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Serving Public Health During 2002 Olympics

By Dr. Scott Williams,
deputy director

Each day during the 2002 Winter Olympic and Paralympic Games in Salt Lake City there will be an estimated 70,000 international visitors, tens of thousands of people from the Intermountain West participating in non-ticketed activities, 1,000 additional health clinic encounters, 200 additional 911 calls, 5-10 additional ambulance runs, and hundreds of temporary food vendors and portable toilets in operation.

How will local health departments conduct all the food inspections required by an influx of temporary food vendors in remote mountain sites? How will solid waste and wastewater be handled at these sites? How will hospitals and clinics quickly communicate information about cases of infectious diseases that pose a potential threat for spread in the community? How will visitors be informed in advance about the need for influenza vaccination, Utah's smoking laws, and how to prepare for the health effects of our altitude and weather? How will the increased demand for emergency services be handled?

Organizations that will be critical to managing these and many other public health, environmental quality, and emergency services issues moved one giant step closer to the development of a plan to address them at the recent 2002 Winter Games Environmental and Public Health Planning Summit.

Representatives from federal, state, local, and private agencies gathered for two days in Salt Lake City to begin to identify the issues related to seven key areas including:

1) Interagency Coordination and Logistics, 2) Food Service, Housing, and Mass Gatherings, 3) Drinking Water, 4) Waste Water, 5) Solid Waste, 6) Disease and Injury Prevention, Surveillance, and Response, and 7) Emergency Response.

The conference was the result of nearly 18 months of discussion and planning by the Utah Environmental and Public Health Alliance, a group formed through a formal interlocal agreement and com-

posed of representatives from three state agencies (Health, Environmental Quality and Agriculture) and six local health departments with Olympic venues (Salt Lake, Utah, Davis, Weber-Morgan, Summit, and Wasatch).

Some general issues identified at the Summit include working closely with similar efforts underway in Public Safety and Transportation, revising the Alliance's operational processes to respond to the scope of work identified, and beginning regular discussions with federal agencies including CDC, FDA, EPA, Defense, FBI and others. Specific issues included coordinating fees, permits, and inspections among local health departments, clarifying the roles of emergency service personnel inside and outside of venues, and assuring proper credentialing of public health workers so they have ready access to all areas where they need to be.

The Alliance will now take all of the input generated during the Planning Summit and develop the first draft of a plan for agencies to work together to meet these challenges. Hopefully this draft will be completed within 3-6 months. The intent is to have working models in place early and then test them from 1999-2002 during pre-Olympic test events, mock disasters and other events, and day-to-day operations. Although it is the Olympics that has forced attention on how we can better work together, these plans can be viewed as opportunities to generally improve our systems and day-to-day operations.

I am overseeing Olympics-related preparation and am focusing on planning and logistics, interagency coordination, and health promotion. Chuck Brokopp, director of the Division of Epidemiology and Laboratory Services, is the key contact for food inspection and epidemiology issues and is the Department's representative to the Alliance. Jan Buttrey, director of the Bureau of Emergency Medical Services, is the key contact for EMS issues with full time staff support from Brian Garrett, EMS. It is likely that other staff will be assigned to put more time into the implementation of plans for the Olympics as specific tasks are identified.

Flu Shots Critical For Diabetics

People with diabetes are about three times more likely to die with influenza and pneumonia than those without diabetes, yet more than half of people with diabetes did not get a flu shot in a recent year. The Centers for Disease Control and Prevention encourages people with diabetes to get a flu shot this flu season, generally October through January.

People with diabetes may be unaware that the disease can make their immune system more vulnerable to severe cases or even death from the flu, said Dr. Frank Vinicor, director of the Diabetes Division at the CDC. A flu shot is an easy, safe, preventive measure that people with diabetes should take to protect themselves from the risks associated with the flu.

Flu shots do not contain a live virus so they cannot cause the flu, said Tamara Kicera, deputy chief for program development and evaluation, Adult Vaccine Preventable Disease Branch of the CDC's National Immunization Program.

Getting a flu shot is essential for people with diabetes. For others, such as family members of people with diabetes, the shot not only protects them from the flu, it can help them avoid passing the flu along to their loved ones. A flu shot is a good idea for everyone, but people should be sure to check with their doctor before getting this or any other vaccination.

CDC also recommends that people with diabetes receive a pneumococcal polysaccharide vaccine to protect against the most common form of pneumonia because they are at greater risk for several other factors, including heart disease and kidney failure. Annually, 10,000 to 30,000 Americans with diabetes die from complications resulting from flu and pneumonia.

In Utah, approximately 116,000 people have diabetes, but between 30 percent and 50 percent have not been diagnosed. New federally endorsed guidelines recommend for the first time that all adults be tested for diabetes by age 45. These new guidelines will help us begin to diagnose many of the 57,900 Utahns who are unaware that they have diabetes, said Dr. Vinicor.

For more information about where to get a flu shot call the Utah Diabetes Control Program at 801-538-6247.

—Barbara Larsen, Chronic Disease

HEALTH NOTES INFORMATION

Health Notes is a monthly publication for employees of the Utah Department of Health, published by the Utah Department of Health, Rod Betit, executive director.

Articles may be submitted to: Health Notes, Box 144102, Salt Lake City, UT 84114-4102. The Health Notes office is in EDO.

Please contact Ross Martin, public information officer, (538-6339) with questions, comments or articles for publication.

Eat Smart Move Smart How Can You Go Wrong

Over the summer (the past ten weeks) many of us have had a lot on our minds. The question, "How many servings of fruits and vegetables did I eat today?" was asked by many. "Can I count talking on the phone as physical activity?" might have crossed your mind. And how can you forget the much heard question, "Do french fries count toward my 5 a Day?"

The questions, the counting, the continued nagging of colleagues and bureau leaders might be over, but the benefits of the Eat Smart Move Smart campaign will live on!

Eat Smart Move Smart challenge participants had a total of 15,136 hours of physical activity and ate 71,254 servings of fruits and vegetables. There were thousands more by DOH employees who made lame and flimsy excuses about not keeping track. Health Department employees, we all know that with numbers like these, we feel better, look better, and reduced the risks of many chronic diseases.

The overall winning bureau for the Eat Smart Move Smart Challenge was the Bureau of Surveillance and Analysis, and the most improved went to the Bureaus of Health Data Analysis, Managed Care, and Vital Records. During the kick-off event, about 350 employees came to eat, grab information on Eat Smart Move Smart, and try their chances for administrative leave. There were hardy bodies who carried their lunches to a shady spot at Riverside Park during the Picnic in the Park event. People enjoyed the company, had a nice walk, won prizes, and played games.

The winners of the Taste Your Way to 5 a Day Contest for the best recipes were Liz Merrill Thackeray, Deanna Lopez, Mary Kathryn LaFollette, and Laura Wall for Fruit Pizza; and Gina Jankovich. Approximately 500 people over the stretch of the week came to sample the delicious and healthy tastes.

The Picture This Contest had four winners who each received a \$100 incentive award. Deanna Lopez, Linda Shepard, Cindy Page, and Jeanie LeBlanc answered the 5 a Day questions right and knew the locations of the pictures. More than 300 employees came to the Pat on the Back Party to watch watermelon eating, musical chairs, and potato decorating. The dunking booth

was a hit with the watchers but not so much with the women from Surveillance and Analysis. Where were the guys, anyway? Then there were the (some-what) irritating Eat Smart Move Smart Committee members who hit the water.

Some long-term changes have been made at work as well. Many bureaus and programs are making sure there are healthy food choices at social events and meetings. There is a great new treadmill in the Fitness Center and there are more members. The cafeteria is offering better selections at the salad bar. Management is allowing more flexibility in using exercise release time. The elevators are broken more often!

Thanks to those who played a huge part as Bureau and Walking Group Leaders. Thanks to Executive Management for their visible and sustained support. And, congratulations to everyone who participated in Eat Smart Move Smart! Maintain your healthy choices, and contact ESMS at 538-6141 for support and helpful, fun ideas and information. Eat Smart Move Smart continues; count on it!

—Catherine Glenn and LaDene Larsen, Chronic Disease

Join the Fitness Center

Whether you want to work out alone or with a group, the Cannon Building

Fitness Center is the fastest and cheapest way to fit a work-out into your busy day and you can use the facilities at your convenience.

Pick up an application on the fitness center door. Join the Gang!

Step Aerobics classes are held daily from noon-1 p.m. Cost is \$2 if you are not fitness center member, \$1 for the instructor if you are a member. On Mondays and Fridays Tracy offers an energetic workout with toning, too. Tuesdays feature Heather, the newest teacher; a great place to start. Every Wednesday Chris does a long aerobic workout at a steady pace that everyone will love. On Thursdays Allsion presents a dynamic, challenging workout for your body and mind.

(Call or e-mail Nancy Hess to get on the mailing list.)

There is a Tai Chi Class on Tuesdays from 1-2 p.m. Steve is enthusiastic and fun, come learn new skills. On Thursdays and Fridays from 1-2 p.m., Steve also teaches a Karate Class.

On your own you can ride the spin bikes or join Johnny G. for a video workout. You can lift weights or switch off on the elliptical trainer, cross country machine, step machines, treadmills, or rowing machine.

—Kelly Robinson, Healthy Utah

THE HEALTH NOTES CALENDAR

Please submit all calendar items to Ross Martin, EDO

HEALTHY UTAH: Are you extremely busy, but still care about your health? If so, become a member of Healthy Utah and participate in Testings, Wellness Connections, Personalized Health Sessions and other health-related activities. To sign up or ask questions call, 538-6261.

UTAH CANCER CONTROL PROGRAM: For information on when, where, and how much cancer screening tests and clinics will be, please call 1-800-717-1811.

HEALTH NOTES OCTOBER ISSUE DEADLINE: Oct. 6, 5 p.m. Anyone may submit articles and/or letters to Ross Martin. Information: 538-6339.

UTAH ISSUES 24TH ANNUAL CONFERENCE: "Putting People First," Oct. 8, all day, Central High School, 3031 So. 200 E., Salt Lake City. Information: 521-2035 or 1-800-331-5627.

COMMUNITY HEALTH NURSING INTEREST GROUP BROWN BAG: "Children's Health Insurance Program," Chad Westover, CHIP coordinator, Oct. 14, noon-1 p.m., Salt Lake County Government Center, South Building, Room S2019, 2001 S. State, Salt Lake City.

GOVERNOR'S WORKSITE HEALTH PROMOTION CONFERENCE: Oct. 14-15. Sponsored by Governor's Council on Health and Physical Fitness. Information: Lynne Nilson, 538-6256.

Phasing Out Printed Health Notes

We at Health Notes don't like killing trees. That's not the only reason this publication is phasing out printed copies in favor of electronic publishing—but it grabs your attention, doesn't it?

Other reasons include conserving budget, upgrading the DOH-Net and creating more interest in and use of electronic information distribution. That last one is a fancy way of saying that we want more of you to use your computer to find out what's going on.

Until you get comfortable with the online edition, we'll print every other issue. Most of you know that HN comes out every second paycheck unless there's some reason to do a special edition. For example, after the Legislature finishes up. Another reason for changing the publication dates is to avoid distribution too close to major holidays. For example, we'll publish with the first paycheck during November and December.

Our first exclusive on-line edition will be on the DOH-Net Nov. 13. The DOH-Net address is (<http://161.119.100.80/>). That will give us plenty of time to load and learn some new software that will make it easier to convert from desktop publishing to our Web pages.

In the meantime, here's an unscientific survey to find out what you think about Health Notes. Please return it through building mail or e-mail your responses. Thank you for your support!

1. Health Notes needs more (check all that apply):

- ☐ a. features
- ☐ b. personality profiles
- ☐ c. informational blurbs
- ☐ d. columns
- ☐ e. policy reports
- ☐ f. editorials and letters
- ☐ g. outside news
- ☐ h. pictures and graphics
- ☐ i. creative layout
- ☐ j. pages
- ☐ k. than monthly publication
- ☐ l. all of the above
- ☐ m. none of the above
- ☐ n. other

2. Health Notes needs less (check all that apply):

- ☐ a. features
- ☐ b. personality profiles
- ☐ c. informational blurbs
- ☐ d. columns
- ☐ e. policy reports

- ☐ f. editorials and letters
☐ g. outside news
☐ h. pictures and graphics
☐ i. creative layout
☐ j. pages
☐ k. than monthly publication
☐ l. all of the above
☐ m. none of the above
☐ n. other

3. I read Health Notes (check one):

- ☐ a. every month
☐ b. most months
☐ c. occasionally
☐ d. never
☐ e. other

4. I read Health Notes stories (check one):

- ☐ a. all of them thoroughly
☐ b. by skimming
☐ c. with attractive headlines
☐ d. that relate to me
☐ e. other

5. The design of Health Notes is (check one):

- ___a. excellent
___b. good
___c. fair
___d. poor

6. Health Notes serves (check the one answer most applicable):

- ☐ a. everyone at UDOH
☐ b. the executive director
☐ c. the Health Notes editor
☐ d. the general public
☐ e. other

7. Health Notes should serve (check the one answer most applicable):

- ☐ a. everyone at UDOH
☐ b. the executive director
☐ c. the Health Notes editor
☐ d. the general public
☐ e. other

8. Your comments:

- [illegible]

People, Things & Stuff...

CHB SECURITY INFORMATION

The Cannon Health Building will soon be secured. Training sessions are continuing and pictures will soon be taken for identification badges.

In addition to the identification badges you will receive at the training, Employee Support will issue a separate access card which will unlock the security doors. These cards will replace the access keys that many of you already have.

Please fill out the e-mail form you received and turn it in to your division secretary. The division secretary will turn these forms in to Employee Support. OES will program the access cards and issue them to you prior to the security program going on-line.

If you have any questions, please contact Mary Kathryn LaFollette at 538-6003, or Kim Wixon at 538-6109.

EAST HIGH MENTORS NEEDED

East High School is looking for volunteers to work one-on-one with 9th to 12th graders. One hour a week would make a difference to a student.

Mentors, advocates who believe in the students and help them reach goals, are needed from September 30 to November 25, any day for an hour at 8:50 a.m., 10:10 a.m., or 1:00 p.m.. Mentors are needed for pre-algebra students.

Call Judy Rausch, 583-1661, ex:2313 or Khando Chazotsang, director of the Office of Ethnic Health, 538-6965, if you are interested or you have any questions. Or you can come by the Office of Ethnic Health in 104 Cannon Health Building to pick up a flyer.

LOCAL HEALTH PRIORITIES

At the recent Local Health Officers meeting, the group identified five top issues on which to focus:

- immunizations,
- injury,
- information systems,
- food safety, and
- local health planning.